

Mr Howard Cottam

BSc(Hons), MBBS Lond, MSc, FRCS (Tr & Orth)

Scans, tests, services & treatments available

- Hand surgery for carpal tunnel syndrome
- Elbow replacement
- Release of a stiff elbow
- Rotator cuff surgery
- Shoulder arthroscopy surgery
- Shoulder pain
- Shoulder replacement surgery
- Orthopaedic surgery
- Hand & wrist surgery



NHS Practices

Medway NHS Foundation Trust

Professional Profile

Mr Howard Cottam Specialises in the management of problems related to the shoulder, elbow, wrist and hand joints. He studied medicine at King's College London, before completing his surgical training rotations across the South-East of England. He undertook Shoulder and Elbow Fellowship training at the busy Avon Orthopaedic Centre in Bristol before returning to King's College Hospital for further Fellowship training in Hand and Wrist surgery.

He offers expertise in the diagnosis and management for a wide range of upper limb problems, including shoulder arthritis, dislocations, tendon (including rotator cuff) injuries, and frozen shoulder; tennis and golfer's elbow, nerve entrapment around the elbow and arthritis; wrist arthritis, ganglions and ligament injuries plus inflammation of the wrist tendons and carpal tunnel syndrome, trigger finger and thumb, Dupuytren's contracture and arthritis of the small joints of the hand, including the thumb.

He has a particular interest in arthroscopy (keyhole surgery) for the shoulder, elbow and wrist.

In addition, he is able to offer arthroplasty (joint replacement) for arthritis of the upper limb joints, as well as surgery for injuries and fractures of the upper limb.

Special Interests

Upper limb surgery (shoulder, elbow, wrist and hand)